

—WHAT IS REALITY?

—BASIC MOTIVATION TO REACH HIGHER UNDERSTANDING OF SELF

—PURPOSE OF SLEEP

INTRODUCTION: *This is Robert Monroe. And welcome to another Explorer Session. This time, we return again to the explorer known as ROMC. We bring you this one to illustrate the type of profound dissertation we have often encountered. It is also a demonstration of the most effective technique for opening communication, once the channel has been carefully cleared and tuned. We begin after some 20 minutes of such preparation where ROMC is finding it difficult to still control her vocal cords...*

EXPLORER (ROMC): *...It is like a funny thing is sort of happening, I have never had anything like this happen... I am supposed to ask a question, and then someone will come through and answer it... It is sort of a strange feeling, but what they are trying to show is the levels of consciousness where I can be a part of something, where I can be observing it, and also the ability for them to work through my channel... and for me as well to be able to speak through this vocal box... this, to show me that I am not completely out...*

*I keep (chuckling) getting a question... seems like a tough question to me... I don't know quite who is giving me that question... I don't know why they don't start with easier questions... Ok... I will just say the question: «What is the nature of reality?»*

*Long pause, heavy breathing. Energy-Being enters ROMC' body, and experiences difficulty in working with her vocal cords.*

ENERGY-BEING: The question regarding reality is a most important question to deal with, even though it might seem trivial in the mind of this channel. We are dealing with this question and have asked her to bring it through so that she may understand more fully the purpose for which he exists.

*Reality*, first we shall say, is a word which is created in the mind of Man. Because it is a word—that is created—the word itself is one step out of its own aspect, which means that that which is not of the original is not what is considered reality. That which the eye can see is not reality, because it is one step beyond the created.

*Reality* is that which is conceived in a pure state of consciousness, and it is not that which is perceived by the eyes and senses of Man. Therefore, upon the Earth level, there are millions of realities that exist, because Man creates what he considers reality. But it is only an image of that which is conceived in the original state. This is why there is much confusion on the Earth level. And because there is confusion as to the true nature of reality, there is confusion as to existence, and as to words which you consider important.

There is confusion as to what is *truth*. I point this out because when Man thinks he is dealing with *reality* he is merely dealing with shadows of thought, and therefore, often, it is the *unreal* nature of the truth. And the truth, in essence, is that which is a part of the consciousness within Man.

Few people are in touch with the true nature of their pure state of consciousness. Most levels of human existence are on the operation level of the senses, that is, what is conceived through sight and sound, and what is experienced in the outer level. Therefore, this means that most humans are one step beyond reality. And this is why there are many who have drawn themselves a closed-in area where reality is quite narrow. This is why there is a retardation in most of the souls of the Earth level, those who are out of touch with true reality.

When a soul gets in touch with its true levels of consciousness, there are no boundaries. And the boundaries that Man has created have become his own prison and have kept him from truly experiencing the nature of the true consciousness. And it is only by going deep within the levels of his true nature that Man will get into attunement with true reality.

The experiences which this soul (ROMC) has had in going into various levels of consciousness are levels of reality, and they are unusual to this soul, and therefore often seem «unreal». Once the soul begins to get in contact with the other levels of the nature of reality in its pure state, it seems that things are «unreal». And we have brought this question, and we have brought this soul into the experience of seeing into various levels of her existence so that she might be aware of that which she has thought was the «real» world is merely a shadow of that which truly exists.

The Earth, and many other aspects of the Earth —that which is physical— has been created in the minds of the creators. And the creators are on many different levels. Much of what has been created on the Earth level is in its second state of existence, and therefore, one step beyond reality.

There are other steps that get further and further away from reality. As a soul gets further and further away from its true nature, and into realms of that which the souls have created, thinking that it is real, then the souls are stepping into their own thought-forms and surrounding themselves with these thought-forms which are merely capsules of the extension of the «real». This is difficult to explain, but, as we are discussing, we are showing pictures of that which we are presenting so that it might be more understandable. We want this soul to realize that the «real» is that which exists within the consciousness level. And the «real» is not only that which exists, but that which is truly experienced in the first... shall we say... that which is experienced within its first phase.

That which is experienced within a second phase is that which has stepped out one step beyond reality. Therefore, many who are living on the Earth level are living one step beyond reality, because many are living in the false thought-forms that have been created around them. And they are living not only in the false thought-forms that they have created around them, but those that have been put into their consciousness.

It is extremely important for souls who want to get in touch with the true nature of reality to get in touch with the true nature of their being, to get in touch with the true nature of their higher self. This means that, a soul in search of *reality*, in search of *experiencing* the true nature, must drop all thought-forms that have penetrated his mind, and work to go into the pure levels of thought. The pure levels of thought are pure levels of energy. Energy thought-forms that are in the pure state carry a great amount of the type of energy that flows in a rapid state of vibration —so rapid that the

soul that operates in this pure state of thought can create most unusual circumstances, and therefore, can be in complete control of their own soul universe.

Each soul is in itself a universe, with the highest levels of energy. But most souls on the Earth level, because they have been so penetrated and blocked, and closed in with false thought-forms and unreal aspects of their nature, are held down from the pure energy flows. Therefore, we say that the true purpose of the souls in the Earth body, on the Earth level, is to get in touch with the true nature of the self. By getting in touch with its true nature, the soul is in touch with the true nature of reality.

The Earth has created many frictions around it because the thought-forms created from the beginning of the Earth —the thought-forms that Man has brought— have been left surrounding the Earth. These thought-forms, which have been passed down from century to century, and through all the institutions of thought in all levels, have lost their energy and have gotten further and further away from the original reality. Therefore, as all the false thought-forms hover within the minds of Man and around the Earth, they create a stale atmosphere, and souls that walk the Earth now and who allow themselves to live in this stale atmosphere of false realities are going to be locked into a level of consciousness until they see that they cannot live in these false realities which are penetrating from within and from without. And we are telling this soul (ROMC) and showing this soul so that she knows that what she is experiencing is an important level of her own reality.

We would also like to mention the importance of the differentiation of information that comes... even from beyond the

Earth level. Information is constantly received through various channels, and each channel is a reality in itself, and is in touch with a level of reality which is made up of other beings with their own reality levels. Many confusing thoughts are brought into the Earth level from various levels of consciousness, and therefore we say that, even though information comes through, even as I am bringing information now, it is directly coming from my level of consciousness into the level of consciousness of this channel. Therefore, this also is one step beyond reality...

I am pointing this out because I have a level of reality which I experience, and there will be many working with the channel. We all work on levels of our own reality, and there are those who work with us from their own level of consciousness. These levels are important. However, the reality is that which the soul must experience in its own pure essence, and therefore, anything that I would say which this soul would not be in tune with is out of tune with her reality.

We work with souls on the Earth level because we are trying to help souls get in touch with their own reality. It is as if two persons were in a discussion and were working together to help each other. Often, there is a difference of opinion because of a difference of personality and the nature of each being. But each being has the basic right to his or her own concept, and therefore, we encourage this channel to be completely aware of the nature of reality, and say that that which she is in touch with from her highest self is her reality. And there are many other realities working with her.

I work as well to come into the higher nature of my reality. The purpose of working is that we all can grow into an understanding of the higher nature of self, the highest levels of light consciousness. Therefore, as I come, I bring my own level of reality, and I make it clear to this channel that we are working on different levels of reality; but we work in special vibrations and say that it is up to her to accept that which her soul is in tune with and to reject that which her soul is not in tune with.

The main thing that we want to point out is that, often, that which those on the Earth level think is «real» is often the «unreal»; and that which the souls think is the «unreal» is often the «real». We are helping this soul to understand this so that she might more fully and completely accept these experiences of travel into the deeper and higher levels of consciousness. She is coming into touch with her own levels of reality.

As the soul goes into the greater depths, it travels into levels where words —such as the word *reality*— are insignificant and have to be disregarded, because when a soul gets into true touch with reality, there are no words that express this true level. There is only that which is called the *knowing level*, and that which is the *experiencing level*. When this happens, the soul is in absolute attunement with the true nature of life. And at these levels it is very difficult to put the experiences and the understanding into words.

This is an important question which we have dealt with, because, as we have brought this question out into the open, it is helping this soul to see more clearly, and understand and feel that the true nature of her essence is in tapping

into these levels of consciousness. We are travelling into many levels, and it is good that she questions. Now, we have helped her to see that she is now one step closer in understanding that which was not clear in her own mind.

MONROE: How can one help in the achievement of this *knowing* state?

ENERGY-BEING: Each soul —as a soul grows in understanding its own nature— comes into flashes of knowing that which is real. And the most important way to probe into the *knowing* state is to drop all pre-conceived concepts of what the world says is «real». Each soul must go within to receive guidance continually. And it is important that each soul learn to follow what you call the *intuition* —which is beyond the mind. This is a very high level of knowing which is a very important and delicate... that very delicate... channel, shall we say, that is the tie between the very highest self and that level of consciousness that the soul is open out into at a particular moment in time.

Of course, as you know, there is no time as you experience this. And in the time level, when the soul follows that very important aspect of this guidance which comes from the *knowing level* —as you will recall, from the *intuition*— as the soul gets more in touch with this level, and does not allow the mind always to try to think through and make decisions from the thought process, it is then that Man gets into the *knowing state*.

The mind is to be used for this specific purpose: to help the body work through the levels of consciousness while in the physical state. But that level which is most important



to follow is —shall we say— what you call the «gut» level.. and it is important always to follow these most important feelings which get closer to that *knowing level* of existence, if you know what I mean... and I know that you know what I mean...

MONROE: Yes... How can we strengthen these intuitive connections? Is there a way, a thing that we can perform?

ENERGY-BEING: The main way to strengthen is to follow. This is something that must be done continually in every aspect of life. But trying too hard —even to strengthen— can be a problem, because, again, the mind is in full operation. The mind should follow the intuitive level. Therefore, we say to keep the mind clear —a clear channel— as often as possible, using the mind for pure concentration, and for thoughts that are constructive.

To learn to concentrate and to get in control of the mind is important, because when Man gets in control of the mind, he is then able to get the mind out of the way. And when the mind is out of the way, the intuitive levels can operate more fully.

It is the great paradox of the nature of Man. If Man would only realize that the states of consciousness that are most important are not the waking state as he thinks, but the many other levels which he is in touch with. The levels of consciousness which are the levels of experience that take place in the state when the soul is most relaxed is also a very important state. And there is much to be learned and experienced by Man as he gets more in touch with these levels of what you call the *dream state*. And understanding more of

the self through these states helps Man to get more in touch with that intuitive nature. There are many aspects of Man that are working for him, and often it is the mind of Man that works against his own nature.

One important thing for Man to learn is to just let go; to let go and relax, and let all of these true aspects of his nature come into their full being and full reality. However, getting in too much control of the body, and doing too many of the mental exercises, can confine and shut out some very special energy levels. Therefore, we say it is a good experience for Man to do «nothing» —it might seem strange to say— but, as Man learns to experience the «nothing» level, he is getting to that level where some of the false thoughts have been able to flow out of his mind. And at that level he can truly experience his own nature.

Some of the important experiences have happened to those who have gotten into those levels of what you call *meditation*. This «nothing» level of experience is the true level where Man can get in touch with those vital energies that are truly aspects of the highest self. It is a strange paradox to speak in these terms, but I think you understand the nature of what we are trying to describe.

MONROE: Yes... But in terms of Man's concept of what it is he does when he dreams —and he labels them *dreams*— what is happening to him at that time?

ENERGY-BEING: There are many thought-forms that get imbedded into him by strong emotions. These strong forms that are in his mental state are often so strong —by that we say our emotions— that they are imbedded in his subconscious, and

therefore, because they are imbedded there, they must be released. And, often, much of what Man experiences but does not want to face, most often, is his true self.

The great reality of Man are those thoughts that flow through the mind, the thoughts that flow rapidly through the self. And the emotions which are a part of these thoughts —the emotions are a deep part in a man's nature— these emotions which he does not understand and cannot handle are incapsulated into levels of consciousness, and therefore, it holds down many, many levels of energy.

These capsules of emotional blockages must be released. As soon as the body and the mind are at rest, the emotional capsules start rising to a level where they just open out, and Man can look at them from another state of consciousness. And, as they come up from very deep levels of consciousness and are open out for him to see and to explore, often they are released. When they are not released, they will come up in another form, in another visual image. And they will continue to come until the emotional... until the strong emotions that are creating the energy blockages within the soul are faced and handled.

There are many souls who carry the same emotional blockages throughout a physical lifetime. This is why there are certain dreams that often reoccur —and often throughout a lifetime, until certain emotions are handled. But because of the great complexity of Man's nature, there are many different types of images that can come into the dream state, some of which are important for him. If the desires are there to know and understand something of what is to be, then it is possible for a soul to tap into a thought-form of the future. This is

why there are many types of experiences during the dream state. However, once a soul has been able to purify and to continually release these thoughts, these emotional... shall we say, «capsules»... or the emotional molecules that are there... and some, of course, have many more than others, for various types of reasons.

The more a person is in tune with his higher self, and the more a person is in touch with the reality of his nature, the less it is important for him to have to experience this certain level of the dream state. Therefore, there are those beings on the Earth level who, being in touch with their nature through the meditation states or the states where they are in touch with their consciousness levels, are able to continually, throughout each day, release all emotional blockages instead of allowing emotional thought-forms to be pushed down. When they are released continually throughout all levels of experience, they are not pushed down into the subconscious. This is why there are those who, as they work with you, are in touch with their level of reality. They are able to release these emotions and have experiences that can help them rise beyond what could be considered the «petty emotional blockages». However, we should not say «petty», because there are many, many souls who are controlled and completely locked into these certain levels of consciousness, because these emotional thought-forms hold them down to one level of consciousness. Those who are able to come through these levels can rise rapidly into greater realms of reality.

There are those beings who, in stepping out even of the physical body are still locked around the Earth, locked into these emotional thought-forms which hold their consciousness level down to the Earth. These are what have been considered

what you call the *earthbound spirits*, and those, also, who have been called *ghosts*. These are merely souls who have been so locked into, or have allowed these emotional or mental thought-forms to become their existence; to be what they are. They allow this to become their reality. Therefore, these souls are locked into this state of reality, which is their state of reality at the time. It is a level of consciousness.

They are locked here until more truth is revealed, until some aspect outside of their level of consciousness can help them to at least see and to be released into another state. This is why there are many things taking place within the human levels of existence.

All experiences are most important. But one of the most important is for the soul to continually be in tune with his own nature, and to release all or most of the emotional and mental thought-forms that can be binding factors that keep the soul from allowing the true energy to experience its own true nature.

MONROE: Very good... I truly appreciate this. One more question... Why is there a need for the human to sleep? Why must he sleep?

ENERGY-BEING: It is very important for humans to sleep because of the whole nature of the Earth level, and the time realm. There is a magnificent creation of rhythm, a complete rhythm of the soul and the self. With each heart beat... the very throbb and beat of human existence is a rhythmic process. And the sleep state is a part of this rhythmic process. It has been created in Man's nature, because Man, in his waking state, is often not in touch with himself.

The sleep state is part of this rhythm, of his nature. It is in this phase of rhythm that Man is regenerating the energy, and this is where he is getting in touch with levels.

It is extremely important to sleep. The sleep levels are some of the most important, and, as I have said before, the more souls get in touch with their higher self, the more they are in a different rhythm, and are stepping outside of the levels of time. Those souls that are in the rhythm of time—there is a certain beat and a certain vibration in the time realm—and those souls that are most locked into this time realm have to vibrate at a certain level, and those souls that are more locked into the time level and are less in touch with the higher self have often to have more sleep. But as a soul gets into another vibration, a higher rhythm—which is a more delicate and sensitive vibration—as souls get into these higher levels of vibration, they step outside of certain dimensions of time. And therefore, this is why some souls are in less need of the sleep rhythm state than other souls... if this is understandable... and I know that it is...

MONROE: Yes, it is. And it is what we had expected... One other thing... What is it that has taken place when we have a mental problem such as what we call *insanity* in an individual or human? What has happened?

ENERGY-BEING: There are many different aspects here. Each aspect is determined according to the nature of each individual. There is not only one explanation for insanity levels. But let me describe to you that, actually, what you consider insanity—or, shall we say, what is called *mental illness*—is often part of the healing process that this great rhythmic nature of Man is fulfilling. Healing is an innate part of Man's nature.

There are souls that are so out of touch with the balance of their nature —and there are different reasons for this— but when this happens, often, a state in the mind will help to break down many of these thought-forms that are creating tensions and friction, and what can be considered in a sense... a nervous breakdown. It is a breakdown of all of that which is confining a self, and therefore it can be a healing process, because in this process, it makes a soul come into the understanding that something is completely out of balance.

When there is a great imbalance within the self —between the emotions, the mind and the physical— when each of the areas are at odds with each other, there is great friction that begins to set up in many of the lives of people, and therefore, it breaks down at different levels. And as I say, this can be very much of a healing process. However, there is on the Earth level an energy which we call and which you call, *love* —that is a great energy— that is generated from one soul to another to help each other to keep a balance, and this is the greatest essence of healing.

MONROE: Very, very good... I wonder if you have one final message for us, because our channel, I believe, will begin to need some rest pretty soon... Do you have one final message for us?

ENERGY-BEING: I have said much and I feel that unless there are other questions I will step aside. I do want to say it is a great privilege to be able to work with you in this way, and to work with this channel. And, as with everything on the Earth level, the more we work together, the more pure will be our relationship, and, the better we will grow together in the understanding of many things...

It is a most honourable privilege to be able to come through, to be permitted to come through to work in this way. And there are others who say as well that there is great energy and love surrounding this work that you do, because the basic motive is for the furtherance of mankind, for Man, for individuals to reach the higher understanding of the self. This is your basic purpose, and this we know. And it is the basic purpose of those who work with you. And therefore, we say, it is a most delightful privilege to be a part of this work which is being done.

MONROE: We are very, very grateful for the very rewarding help that you give us, and thank you so very much for it. We need it so much. And we are so happy that this will continue. Thank you for coming...

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